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# WHOA, NELLY!

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PAGE 8



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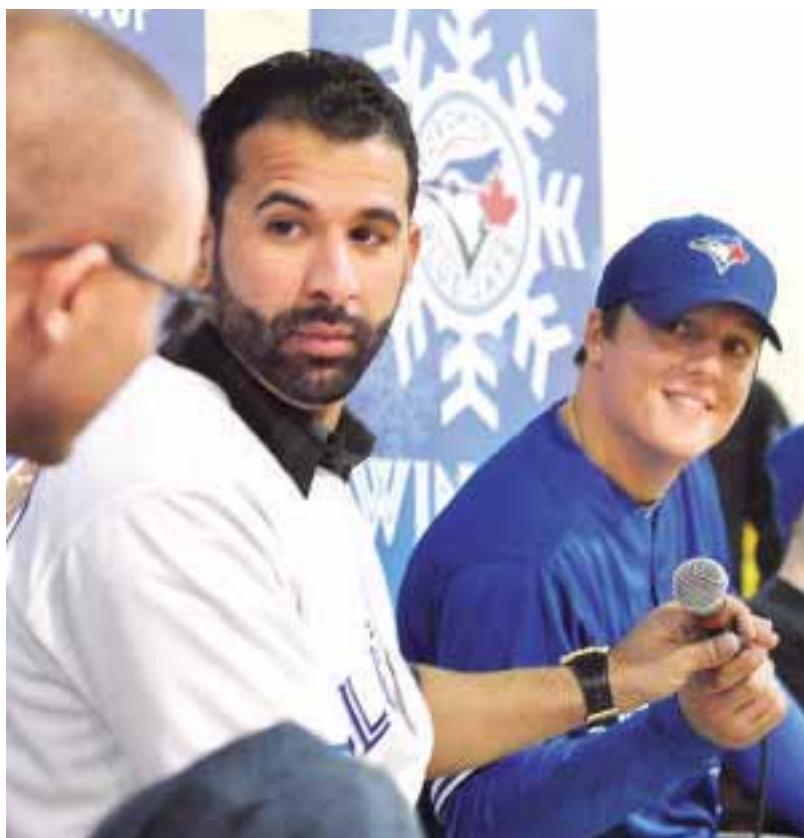
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Tuesday, January 8, 2013

News worth sharing.



## CHATTER UP!

PAGE 2

Jose Bautista, centre, of the Toronto Blue Jays, and his teammates Aaron Loup, right, and Brett Cecil, left, were at École Van Walleghem School in Linden Woods Monday to speak to students. SHANE GIBSON/METRO

# Share details on Emterra: Councillor

**'Whole thing is a mess.'** Coun. Harvey Smith set to probe garbage, recycling collection company today at a meeting



BERNICE PONTANILLA

[bernice.pontanilla@metronews.ca](mailto:bernice.pontanilla@metronews.ca)

Make the fines, the reports — and the contract — public.

That's what Coun. Harvey Smith (Daniel McIntyre) would like the City of Winnipeg's administration and Mayor Sam Katz to do when it comes to its garbage and recycling pick-up relationship with Emterra.

"The whole thing is a mess," said Smith, who sent emails in December to the

**Fines**  
**\$400K**

Emterra was fined between \$350,000 and \$400,000 in November for missed pick-ups

City's chief financial officer Mike Ruta asking what Emterra was paying in fines and did not get the figures.

"I want everyone to know about it. This is a basic public service and the residents of Winnipeg are paying for it and they should know exactly what the contract is saying," said Smith.

Coun. Dan Vandal (St. Boniface), who chairs the public works committee, revealed to local media on Monday that for the month of November, Emterra was fined between \$350,000 and \$400,000.

Winnipeg switched to Em-

terra for garbage and recycling pick-up last summer and fall, with complaints about the quality of the service dogging city council since then.

Smith said he'd like to see made public quarterly reports on Emterra's service and the fines provided to the public works committee, as well as the contract itself.

At the end of October, City officials confirmed that the fines Emterra could face for service deficiencies ranged from \$100 to \$500 per home.

"If they miss all of our homes, it adds up very quickly," Mayor Sam Katz said at the time.

Smith said he received an invitation to meet with Emterra Tuesday morning and most certainly will go.

"I'm going to be at that meeting and I'm going to be asking a lot of questions," he said.

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## Baseball. Blue Jays visit Winnipeg school

Three Toronto Blue Jays flew by a Winnipeg school Monday morning to talk baseball with students and field some of their hardball questions.

All-star outfielder Jose Bautista and pitchers Brett Cecil and Aaron Loup dropped by École Van Walleghem School in Linden Woods as part of the team's cross Canada 2013 winter tour.

"I was really excited for them to come," said Grade 6 student Paige Jasper, 11, one of three kids chosen to interview the three Blue Jays in front of the school's 620 kindergarten to Grade 8 students. "It was pretty awesome, I have never seen anything like it, so, yeah, it was pretty awesome."

The players also spent about an hour answering questions from the crowd, which ranged from why they decided to name their team the Blue Jays to how many cups of water they each drink a day.

"All these kids see us as role models, so we want to set a good example for them," Bautista told local media before meeting the kids, who were each given a Blue Jays touque to wear for the event. "Today we're going to talk about healthy living, nutrition, getting your rest, exercising and ... doing all the things that allow you to be successful in life."

After meeting the kids, the players left the school with three autographed jerseys and baseball equipment as they headed for their next stop in Saskatchewan.

"It's not a secret that we're Canada's team," explained Bautista. "This is a way for us to get in front of those fans face to face that might not be able to come watch us in Toronto."

SHANE GIBSON/METRO

## Real estate. Another record year for home sales

While not as many houses sold in Winnipeg in 2012, the ones that did sell were for more money.

According to a report sent out by WinnipegRealtors, total housing sales in Winnipeg eclipsed the \$3 billion mark set in 2011, up to \$3.2 billion.

Housing sales for December were down 12 per cent, however, from last year.

"To finish as well as we did ... is testimony to the resiliency of the greater Winnipeg real estate market," said the outgoing

### Fast facts

- 13,007 houses were sold in 2012, compared to 13,065 in 2011
- Prices rose about 2 per cent
- Most houses sold within a month

president of WinnipegRealtors in a press release. METRO

## 4 homicides, 4 days. Manitoba RCMP dealing with rash of homicides

Sleep may be fleeting for RCMP investigators in Manitoba who are dealing with six homicides in the province since near the end of last month.

Sgt. Line Karpish, an RCMP spokeswoman, says homicide and forensic units are quite tired after dealing with four deaths since the start of the year and six overall since Dec. 30.

Karpish says the investigations are taxing their resources.

She also says she can't recall in past years having four homicides in the first four days of any given year.

The latest homicide happened on the Keeseekooewin First Nation, where Mounties found the body Friday night of a 34-year-old man.

Terris Ronald Mintuck, who is 50, is charged with second-degree murder in the death of Terrel Stewart Shorting.

THE CANADIAN PRESS/CJOB

# Councillor calling for quicker construction

**Motion.** Rep wants more weekend and evening work done to speed up projects



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A Winnipeg councillor says a motion calling for more construction work during evenings and weekends is part of a modern-day street repair strategy.

"This is something that every major city in Canada and the United States does," said Coun. Scott Fielding (St. James-Brooklands), who will present his motion at the Assiniboia Community Committee meeting on Tuesday.

"It's to address major traffic congestion that happens routinely in the summer, and what evening and weekend construction does is get jobs done a lot quicker in off-peak hours."

Fielding's motion asks the City of Winnipeg's administration to "review and implement accelerated construction initia-

### Possible projects

Projects that could see evening and weekend construction:

- Upgrades to Polo Park, St. James Street area in 2013 and 2014
- Molson Street widening
- Portage Avenue rehabilitation between St. John Ambulance Way and Sherburn Streets
- "Mill and fill" projects such as St. Anne's Road, Lagimodiere Boulevard, St. Mary's Road and Century Street



Coun. Scott Fielding speaks at a recent council meeting. METRO FILE

tives," including evening and weekend work, incentives for the early completion of projects and penalties for delays.

The motion further asks that a status report and implementation plan be ready for the April 16 public works committee meeting.

Fielding said accelerated construction benefits not only

motorists, but local businesses and the environment, with less idling of vehicles.

"I've been promoting this for probably five years now and (the City's) done a lot more of this work," said Fielding, adding he'd like to see 50 per cent of 2013 capital works projects implement accelerated construction initiatives.

"I think that people are vastly supportive of it."

Mike Mager, president and CEO of CAA Manitoba, said he's all for completing projects

more rapidly, but this should be done in a way that doesn't compromise safety for the workers involved, nor cause municipalities to pay a "premium" amount for it.

"I'm all for that, as long as we're spending wisely," said Mager. "Certainly, I very much welcome that way of thinking that takes into account the motorists."

CAA conducted a poll last year on Manitoba's roads that crowned St. James Street as the worst road in the province.

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## Displaced. Traditional way of life is gone: Chief

Lake St. Martin Chief Adrian Sinclair says his community's traditional way of life has now been ruined.

"My people lived off the land, fishing, trapping, selling fence posts. They did a lot of things. Now that is all taken away because of the flood."

They were like foreigners when they got to Winnipeg, he said, and now they've been forced to live on just a few dollars a day.

The evacuees received a notice in November bearing no letterhead, saying the \$23 daily allowance they were receiving for food and expenses, other than rent, would fall to \$4.

Eugene Sinclair, a diabetic in his 40s, has been living in a hotel for two years. He is now in the Place Louis Riel hotel in downtown Winnipeg, struggling since his benefits have been cut. He is finding it hard to take care of himself and cook proper

meals and says he knows several other people getting sick from a lack of proper nutrition.

On the reserve there were plenty of fish to be caught and wildlife to be hunted, but in the city, food doesn't come cheap.

"I only get four dollars a day. What can you make for four dollars a day?" he asks.

The federal government has been providing the benefit money in line with what would be provided under Provincial Emergency Social Services.

Chief Sinclair says despite the cut in benefit money, he's standing firm on his refusal to be pressured into moving to the temporary housing, or the land they didn't want that was bought by the government.

"I'm tired of fighting. I want to go home; I want to take my people home," Chief Sinclair says, sighing.

TORSTAR NEWS SERVICE



Alexis Sinclair with her daughter, Danielle. Alexis committed suicide after her and the rest of the Lake St. Martin community was evacuated during the 2011 flood. HANDOUT/METRO



Lake St. Martin Chief Adrian Sinclair says he just wants to move his community to the parcel of land they picked out. VICTORIA PTASHNICK/TORSTAR NEWS SERVICE

# Ottawa must act, say Lake St. Martin natives

**Hope flooded.** In the second day of coverage, the reserve and various levels of government all blame each other

Diane Sinclair says it's high time that Ottawa does something about the problems at Lake St. Martin.

When the evacuation was ordered after the big flood of 2011, she thought the community's problems would finally be solved and a new reserve would be created on land that is high and dry.

But Chief Adrian Sinclair

### Effects

**"On the reserve, there is only one option: You go to the store and back. Here there are so many things: Drugs, booze, gambling."** Chief Adrian Sinclair

says the federal government hasn't taken much of an interest in their recent problems and has offered them little help.

A spokesperson for the Department of Aboriginal Affairs and Northern Development denies that claim. "The chief federal representative and the province of Manitoba have been fully engaged with representatives of the First Nation for

well over a year in attempting to find both short- and longer-term solutions to the impact of flooding on the community that are acceptable to all parties," said Jan O'Driscoll.

The provincial government says the federal government will cover the expense of sheltering and feeding the evacuees. It has the responsibility for the establishment of reserves and has the final say in

what land becomes a reserve.

Chief Sinclair is realizing many of his people have no experience living away from their land.

Now members of the First Nation are being exposed to things they never were before.

"There is so much influence here. A welfare cheque don't go that far," Sinclair says.

Eugene Sinclair and his first cousin, Chief Sinclair, say they hear stories every day about their children and teenagers not being equipped to deal with the big city. Both men say that Lake St. Martin children and teenagers are falling victim to gangs and sexual violence.

TORSTAR NEWS SERVICE

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# EPA head quit over pipeline plan: Report



According to a New York Post report, Lisa Jackson, the former head of the U.S. Environmental Protection Agency, resigned because of the proposed Keystone XL pipeline. KEVIN WOLF/THE ASSOCIATED PRESS FILE

**Rumour has it.** Jackson has voiced concerns over Keystone pipeline, which President Obama appears set to approve

**Quoted**

"This isn't a little tiny pipeline. This is a pipeline that cuts our country literally in half."

Lisa Jackson, then head of the EPA at a 2011 appearance at Howard University

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The American environmental movement is abuzz following a New York Post report that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been advising the Obama administration on the \$7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilands to the U.S. Gulf Coast.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment of the project "inadequate."

THE CANADIAN PRESS

**Attawapiskat**

**Chief counters release of audit with demands**

The battle over the plight of Canada's First Nations escalated Monday amid accusations of a cynical public-relations ploy by the Harper government and new demands by a hunger-striking chief.

Chief Theresa Spence, who has been on a liquid diet since Dec. 11, said she wants elements of the Conservatives' latest omnibus budget bill repealed.

Spence had previously been seeking only a meeting between the prime minister, the Governor General and First Nations leaders to discuss outstanding treaty matters.

The demand comes as Ottawa releases a scathing audit of tens of millions of dollars in spending on Spence's Attawapiskat reserve, a troubled community in northern Ontario.

The audit details an absence of basic accounting and ongoing indifference by federal government departments. THE CANADIAN PRESS

## Aurora. Police testify in hearing of suspected movie theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his seven-year-old daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

The massacre thrust the problems of gun violence and mental illness into the forefront before they receded in the ensuing months. Now, just weeks after a shooting spree at a Connecticut elementary



Family members and victims line up to get into court for a preliminary hearing for Aurora theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

school left 20 children and six adults dead, prosecutors are laying out their case with the nation embroiled in a debate over gun violence and mental illness.

Any new details to emerge this week—including Holmes's mental state—will come amid the discussion over an array of proposals, including tougher gun laws, better psychiatric care and the arming of teachers.

Investigators say Holmes was wearing a gas mask and body armour when he tossed two gas canisters and opened

fire in the theatre on July 20.

Officers found Holmes standing next to his car. Officer Jason Oviatt said Holmes seemed "very, very relaxed" and didn't seem to have "normal emotional reactions" to things. "He seemed very detached," he said.

Holmes volunteered that his apartment had been booby trapped, officers said.

Until now, many details of the case have been kept quiet and many court documents have been filed under seal.

THE ASSOCIATED PRESS

# Plus more.



# Transit Tuesday



Weekly Transit News Update

## TRANSIT HAS A PLAN FOR SEVERE WINTER WEATHER

Winnipeg Transit's ability to provide service during severe winter weather largely depends on road conditions. If city streets become impassable due to large accumulations of snow, transit officials will consider implementing its snow plan by adjusting service on selected bus routes, either before or during adverse winter weather conditions.

## WHAT IS THE SNOW PLAN?

Winnipeg Transit's snow plan has two service levels, blue (affects about 25 per cent of service) and red (affects about 75 per cent of service). Each level is intended to minimize the number of stranded buses during a severe snowstorm while maintaining the highest level of transit service on major streets. The snow plan involves a step-down process where selected routes (especially those serving outlying areas) may be shortened or cancelled. This means you may have to walk further to or from your bus stop when the snow plan is activated.

## ARE YOU PREPARED FOR A SEVERE WINTER STORM?

The best approach to winter travel is to be prepared, stay informed and have a backup plan. In the event of severe winter weather conditions:

- Listen to local news outlets for weather updates and snow plan information.
- Visit WinnipegTransit.com to find out which routes will be affected by the snow plan.
- Be prepared for unpredictable delays and other service disruptions.
- Dress for the weather conditions and if travel is not recommended, stay indoors.

Visit [winnipegtransit.com](http://winnipegtransit.com) to learn more about the snow plan before the next winter storm approaches.

## LOOKING FOR A NEW CAREER IN 2013?

It's the start of a brand new year and maybe you're having thoughts about starting a new career. If so, Winnipeg Transit is currently accepting applications for bus operators. You can earn more than \$45,000 a year plus enjoy excellent benefits, a generous vacation allowance and more. No bus driving experience is necessary — we provide all the training you need, plus you'll earn while you learn. For more information about this long-term career opportunity, visit [winnipegtransit.com](http://winnipegtransit.com) or call 311.

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## Safety measures

### U.S. agency wants electric, hybrid cars to make noise

The U.S. government wants electric and hybrid vehicles to make noise when traveling under 18 miles per hour (about 29 kilometres per hour) so pedestrians can hear them coming. The National Highway Traffic Safety Administration says the cars don't make enough noise at low speeds to warn walkers, bicyclists and the visually impaired.

THE ASSOCIATED PRESS

## U.S. federal settlement

### Banks to pay \$8.5B over wrongful foreclosures

U.S. banks have taken another step to clear away the wreckage of the 2008 financial crisis by agreeing to pay \$8.5 billion US to settle charges that they wrongfully foreclosed on millions of homeowners.

The deal could compensate hundreds of thousands of Americans whose homes were seized because of abuses such as "robo-signing," when banks automatically signed off on foreclosures without properly reviewing documents.

But consumer advocates complained that regulators settled for too low a price.

THE ASSOCIATED PRESS

## iTunes app store

### Users download 40B apps: Apple

Apple Inc. says people have downloaded more than 40 billion apps for the iPhone, iPad and the iPod Touch, nearly half of them in 2012. The company said Monday that December saw record downloads of more than two billion apps.

There are 775,000 individual applications available in the app store. Apple says it has paid app developers more than \$7 billion US.

The 40 billion milestone does not include updates or re-downloads.

THE ASSOCIATED PRESS

## Dawg Grog

### Beer fan makes brew for dogs

An Oregon man who loves beer and loves his dog has concocted some hooch for the pooch. Daniel Keeton calls his canine creation Dawg Grog, though there's no alcohol in the doggie brew. Ingredients include vegetable broth and spent grain. THE ASSOCIATED PRESS

# Wanted: One hotshot new central banker (nerves of steel req'd)

## Apply immediately!

If you can shape global economic policy, keep inflation in check and manage the loonie, you too could be the next BoC governor

## Market Minute

**DOLLAR**  
101.45¢ (+0.14¢)

**TSX**  
12,499.55 (-41.26)

**OIL**  
\$93.19 US (+10¢)

**GOLD**  
\$1,646.30 US (-\$2.60)

**Natural gas:** \$3.27 US (-2¢)  
**Dow Jones:** 13,384.29 (-50.92)

## By the numbers

**\$431,800**

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between \$431,800 and \$507,900, plus pension, health and dental benefits.

a senior official in the federal finance department.

His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndson.

It also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England. TORSTAR NEWS SERVICE

Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between \$431,800 to \$507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as some-

thing of an international financial superstar, the job is not for the faint of heart.

Carney's resume, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs, and a stint as



## Sssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 different robots that can be built with the new Lego Mindstorms EV3 platform, a \$350 US kit that was unveiled Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

# Air Canada, WestJet post strong 2012 with record load factor for December

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record load factors for December, carrying substantially more passengers with modest increases to capacity.

Westjet said its load factor for December hit a record 81.9 per cent while Air Canada hit record load factors for the month and the year.

Montreal-based Air Canada

## What it means

- Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

said its load factor rose to 82.1 per cent last month while the full-year number was 82.7 per

cent, up 1.1 points in each case.

Air Canada said it had a 3.2 per cent increase in passenger traffic last month over December 2011, with a 6.6 per cent increase to U.S. destinations and a 5.1 per cent increase on transatlantic routes. That was a strong finish to a generally good year for Canada's largest airline, which saw 2012 passenger traffic rise 2.6 per cent over 2011. THE CANADIAN PRESS

# SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS



SHE SAYS...

Jessica Napier  
metronews.ca/voices/  
she-says

The holiday season is over, which means that the wedding planning season has officially begun. With most couples walking down the aisle during the spring and summer months, many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman. Sugarman has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie cutter ceremonies? Skip the tacky convention centre bridal shows (where bad taste goes to die) and consider these five hot wedding trends for 2013.

**Guest ye be judged**  
**Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.**

Actually getting hitched is only the beginning: Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, says Sugarman. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

You are cordially uninvited: Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

**Ditch the white dress:** Let's face it; most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late-20s or older and have been living together for a few years then it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which are becoming increasingly popular says Sugarman.

**Churches are so over:** From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet hall receptions are out and adorably twee barnyard hoedowns are in.

**Make your Big Day a small affair:**

The couples on Four Weddings Canada spent an average of \$31,625 on their weddings. With that kind of money you could buy a brand new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning a haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.



Wedding bell news:  
Let your gown do the blushing for you.  
PASCAL LE SEGRETAIR/  
GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

# So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

## Goldilocks mission

### Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.

THE ASSOCIATED PRESS

## Not too hot, not too cold

### 17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

## Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.

- One team led by Francois Fressin of the Harvard-Smithsonian Center for

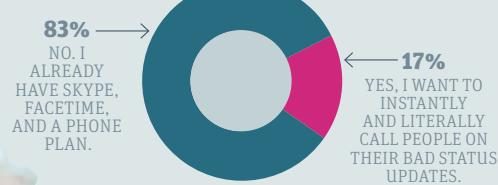
Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.

Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.



Register at [metropolitanpanel.ca](#) and take the quick poll

Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?



@Itsajmoreno:

We have hockey back in Winnipeg yay! Now we need a quarterback #bluebombers

@Kgkazoo:

Low on Paramedic resources right now in Winnipeg. Fire sitting with pts waiting for Paramedic units. Offload delays @ hospitals not helping.

@DwayneBird:

Personally I dont care if @NHL locked out for a couple months.

We just had a taste of @NHLJets back in Winnipeg & I want more. Enough said!

@SanGloverClarke:

@helloterumi On a Winnipeg winter day, -40C, my mascara froze to my eyebrows and took out all my lashes.

@macleanthomas:

Ending my time in Winnipeg with a Salsbury House cheese nip. #winnipegtreasure

It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW  
scene@metronews.ca

### Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

### 50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

### The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

### Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

### Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for *Werewolves of London*, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

#### DVD review

### Frankenweenie

**Director.** Tim Burton

**Stars.** Winona Ryder, Catherine O'Hara, Martin Short



Tim Burton's story about a young Victor Frankenstein reviving his dead pet pooch Sparky with lightning and lab tricks is itself something of an undead awakening. *Frankenweenie* was also the title and subject of a short film Burton made early in his career in the 1980s, when he was a lot fresher and more creative than he is today. The original *Frankenweenie* short was attached to some DVD editions of *The Nightmare Before Christmas*, the 1993 animated film masterminded by Burton but directed by Henry Selick (*Coraline*). The feature-length *Frankenweenie* doesn't vastly improve on the short, but it does immerse us more fully into the world of young Victor (Charlie Tahan), his worried parents (Catherine O'Hara and Martin Short), shy strange girl next door (Winona Ryder) and the meddlesome townsfolk of tiny New Holland. All the usual Burton tropes are present and accounted for — monochrome stop-motion, sad eyes, deadpan drollery — as are the hat-tips to his influences, James Whale's *Frankenstein* and *Bride of Frankenstein*. It's an affectionate balance of comedy and horror, yet somewhat lacking the jolt of creativity of the original.

**PETER HOWELL**



Nelly Furtado is hitting the road to promote her new album, *Spirit Indestructible*, which came out in September. GETTY IMAGES

## How Nelly got her groove back

**Spirit Indestructible.** Singer dug deep into her past to inspire her on her new album — her first English effort in six years

**IAN  
GORMELY**  
scene@metronews.ca

Nelly Furtado's latest album, *Spirit Indestructible*, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive international hits like *I'm Like a Bird* and *Promiscuous*.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the album's dozen tracks, worked on many of the late '90s R&B and hip-hop tracks Furtado grew up on.

The track *Big Hoops* even name-checks No Diggity, a

1996 hit by Blackstreet, an R&B group founded by Jenkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado.

"There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club vibes of 2006's Timbaland-assisted *Loose* with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent.

#### Coming full circle

Furtado points to the song *Circles* on her new album as the turning point in her creative process. After struggling to rediscover her creative spark, on the recommendation of a friend she teamed up with Michael Angelakos, lead singer for indie-dance crew Passion Pit. "It's a nice fusion of sounds," she says of the track. The *Spirit Indestructible* came soon after. "I knew it when we wrote it, it was like, 'Oh my God. This is exciting,'" she recalls. "And then you've got the title track."

"I've been away for a while," she says. "If I'm going to put something out I want it to be sonically creative."

## Kutcher's relationship with Kunis has been one international adventure

Ashton Kutcher's jet-setting relationship with Mila Kunis continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were

spotted at the restaurant Mr. Lam in the company of Brazilian TV host Luciano Huck and other pals. Since the former That 70s Show co-stars started dating last year, they've spent more time on the road than at home in L.A., it appears, with lengthy residences in New York City and Rome.



Twitter



@ParisHilton

Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate



@Sethrogen

Abu Nazir's FaceTime works way better than my FaceTime ever has



@TomArnold

The more screwed up the person the more inspirational their tweets.



@kirstiealley

What would a spider eat if he lives in an empty cabinet under the sink in a guest bath? I'd like to give him a little help...what human food?



Claire Danes. ALL IMAGES GETTY

## Stay-at-home parenting not for Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells Elle magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

## Bieber dedicates latest inking to Grampa



Justin Bieber

Justin Bieber's tattoo obsession continues, with the 18-year-old Canadian pop star debuting yet another patch of ink via his Instagram account earlier this week. The piece, a profile of a Native American chief, is the logo for the Stratford Cullitons junior ice hockey team. "My grandfather always took me to the Stratford Cullitons every Friday night," Bieber posted along with the photo. "This is for (you), Grampa." Last week, Bieber also had a session to add embellishments to an existing tattoo of praying hands on his lower leg.



Courtney Cox and David Arquette

## Arquette still Cox's 'best friend' despite divorce

Courteney Cox and David Arquette definitely win the award for most amicable divorce, as the Cougar Town star insists to Ellen DeGeneres that Arquette is still her best friend. "I appreciate David more now than I ever did," Cox says. "I mean, it's hard. I don't recom-

mend divorce in general, but you know, he is my best friend and we've both grown and changed and I think we both appreciate each other more. I hope he does. I do." The pair separated in 2011 and filed for divorce in June but remain active parts of each other's lives.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Kanye and Kim say no to sale of first baby pics, who said yes?



THE WORD

Dorothy Robinson  
scene@metronews.ca



Muñiz and Maximilian "Max" David Muñiz, in 2008.

- Christina Aguilera received a reported \$1.5 million for her baby photos of son Max from People magazine in 2008.

- Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

- And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahaha!).

- Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

cash from their offspring. In 2006, they got \$4.1 million for pictures of their first biological daughter, Shiloh, and a whopping \$14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

Selling out (or not) to the highest bidder.

- Brad Pitt and Angelina Jolie are No. 1 in raking in

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# LIFE 3

10

WELLNESS

metronews.ca  
Tuesday, January 8, 2013

Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS



## Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

5

## ways to cut weight

### Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat.

Put another way, the more time you are awake, the more opportunity you have to consume calories.



### Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight'—you're just setting yourself up for failure. That weight is going to come back," Sharma says.

### Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.



### Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.



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every Wednesday.

# Sandwich so good it might make you rethink meat



ROSE REISMAN  
for more, visit  
[rosereisman.com](http://rosereisman.com)

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light—just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls.

If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. For the pesto, place all basil



This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable

mixture and brie. Replace the top half of the roll and cut in half to serve. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

## Ingredients

- 1/2 large red onion, sliced
  - 1 red bell pepper, cut in 8 wedges
  - 1 large portobello mushroom, thickly sliced
  - 1 zucchini, cut in 3 slices lengthwise
  - 2 tbsp basil pesto sauce
  - 2 tbsp low-fat sour cream
  - 1 tbsp olive oil
  - 2 tsp balsamic vinegar
  - 1/2 tsp minced fresh garlic
  - 4 large rolls (each 3 1/2 oz), split
  - 2 oz brie cheese, thinly sliced
- Basil Pesto Sauce (Makes 3/4 cup)**
- 1 cup fresh basil leaves
  - 2 tbsp grated Parmesan cheese
  - 1 tbsp toasted pine nuts
  - 2 tbsp light cream cheese
  - 1 tsp minced fresh garlic
  - 3 tbsp chicken stock or water
  - 2 tbsp olive oil

## Health Solutions

### High water content



NUTRI-BITES  
Theresa Albert, RDH, RNCP  
[myfriendinfood.com](http://myfriendinfood.com)

hunger. Choose wisely from this list of low cal/high water foods.

- Watermelon
- Oranges/lemons
- Kiwi
- Berries
- Apples/pears
- Yogurt
- Leafy Greens: iceberg, romaine, kale, spinach, collards
- Tomatoes
- Cucumbers
- Celery
- Cabbage
- Broccoli
- Low sodium broth soups

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Your hair, skin and lips show it on the outside, but the inside is crawling toward the oasis too.

Drinking your eight glasses a day is a bit of a myth, given that the foods you eat provide lots of water as well.

Increasing the high water choices helps beat dehydration with the added bonus of filling you up and preventing



Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day.

That's the best cue to making sure you are getting enough. You will know by the colour of your urine, the lighter and clearer the better. THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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FRIDAY JAN 11<sup>TH</sup>  
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# NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.

## RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!

Psychologists from University of Scranton found that success of New Year's resolution drops over time...



...but people who start self-change but made no resolution last over 10 times longer.



## HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...

as told by John Norcross, psychologist and author of new book *Champology: 5 Steps to Realizing Your Goals and Resolutions*



### START BEFORE YOU ACTUALLY START

It's better to ease your way into a resolution, so start practicing before your official starting date.



### MAKE A PUBLIC COMMITMENT, AND BEWARE OF YOUR WILLPOWER

Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.



### CREATE THE RIGHT ENVIRONMENT

Make small adjustments in your living environment — for example, remove temptation from your house, or put Post-it notes as helpful reminders.



### THINK HAPPY THOUGHTS

If you feel guilty about a bad habit, you won't change it; guilt will turn into self-hate, and then into never wanting to act on it.



### REWARD YOURSELF

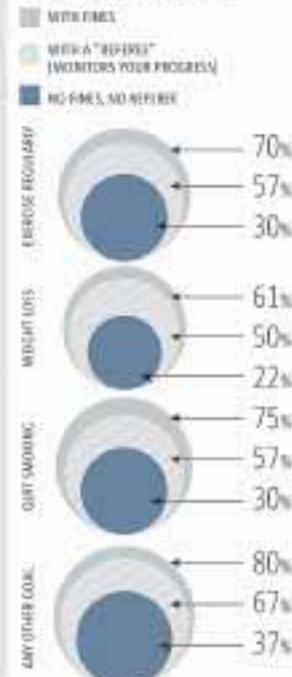
If you're trying to diet, reward yourself with a treat after a reflection date.

## APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS



## LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"

Stick2Ladder, a website created by Yale University economists, finds users 5.1% more likely to stick to a 12-week resolution contract but don't sign up to it. And the stats show that money talks.



## New year's resolutions worth thousands



**FUN AND FRUGAL**  
Lesley Scorgie  
[money@metronews.ca](mailto:money@metronews.ca)

Exhale a sigh of temporary fiscal relief — the holidays are finally over! Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet.

Before you sell your worldly possessions to pay off your Best Buy loan, go Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security. Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013.

Start by determining your bottom line. Once you know where you stand, you can create a plan to grow

your net worth. Download your favourite net worth tracking tool to determine what you own and owe. All major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe).

Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other. Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants. Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Remember, you'll have extra money from your previous debt's regular payment. DO NOT rack up additional debt while paying off the existing.

Retirement approaches fast and growing funds for the future is critical. Take advantage of employer-sponsored retirement savings programs like pensions and RRSPs.

Live lean in 2013.

## Will debt settlement companies really solve your financial woes?

**Money.** Ontario joins other provinces aiming to regulate the operations of these companies



**YOUR MONEY**  
Alison Griffiths  
[money@metronews.ca](mailto:money@metronews.ca)

An Ottawa debt settlement company promised Holly Wang complete debt relief. The reality didn't live up to her expectations. The Kingston, Ont., nurse began the spiral into debt 15 years ago when she and her husband bought their first house. Twins and a divorce soon followed and her dead-beat husband made only sporadic child support payments.

"I was pretty depressed about it and got into gambling, which was the worst thing but at the time it seemed like a way out. I also bought lottery tickets almost every day."

As her debt situation worsened the stress made Wang sick and she was increasingly absent from her job as a



Any request for money up front is a red flag when looking for a debt settlement organization. ISTOCK IMAGES

nursing home supervisor. Her employer finally ran out of patience and let her go.

In desperation, Wang turned to a debt settlement company. She paid \$500 in up-front fees then \$300 monthly into an account with the company. She was told to ignore her creditors until she had built up sufficient funds to make a deal with them. In the end, only two of her seven creditors

were willing to settle. She paid her money for nothing.

Wang's experience is all too common. "Essentially, debt settlement companies have charged huge fees, sometimes in the thousands, made broken promises to settle debts for consumers and not followed through on their claims to be able to work with creditors," wrote Laurie Campbell, CEO of the not-for-profit charity, Credit

Canada Debt Solutions (CCDS) in a recent blog.

On Friday, the Ontario government joined Alberta, Manitoba and Nova Scotia by introducing regulations to curb these companies, more than 20 of which operate in the province. Still at the proposal stage, the Ontario government is aiming to ban up-front fees, limit total fees collected, improve the transparency of contracts and allow a 10-day cooling off period.

Canadians in any province needing help with their debts should ensure the organization is a not-for-profit charity. Any request for money up front is a red flag, as are excessive promises to eliminate debt or settle with creditors for pennies on the dollar. Also, don't believe assurances that your credit score won't be affected.

If in doubt, contact CCDS ([www.creditcanada.com](http://www.creditcanada.com)), or other member agencies of the Canadian Association of Credit Counselling Services ([cacs.ca](http://cacs.ca)).



Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisonsgriffiths.ca](mailto:alisonsgriffiths.ca)

International Space Station

## Astronaut's tweet angers fans outside Leafs nation

Orbiting Canadian astronaut Chris Hadfield may have lost a few fans after tweeting a picture of himself holding a Toronto Maple Leafs plaque.

Commenting on the end of the NHL lockout, Hadfield tweeted from the International Space Station on Sunday that he was ready to cheer for the Leafs.

Professing his support for Toronto did not sit well with a number of hockey fans.

Former Montreal La Presse sports reporter Jean-François Begin jokingly warned Hadfield to be careful next time he flies over Montreal.

Hadfield is on a five-month mission on the space station and will become the first Canadian to take command of the giant orbiting laboratory in March.

Former Canadian astronaut Marc Garneau also got into the act. The Liberal MP tweeted Hadfield, declaring: "Go Habs Go!"

Mike Lake, an Alberta Tory MP and Edmonton Oilers fan, reminded the 53-year-old astronaut that man reaching the moon (1969) is more recent than the Leafs last winning the Stanley Cup (1967).

THE CANADIAN PRESS



Astronaut Chris Hadfield in Kazakhstan in December

THE CANADIAN PRESS

# Bogosian a lone wolf in Winnipeg

**NHL.** Jets blue-liner skates for first time since wrist surgery, albeit all by himself

He's still unsure when he'll be back in the Winnipeg Jets' lineup after wrist surgery, but defenceman Zach Bogosian is just happy to be back on skates.

"It felt good today," he said after Monday's workout, his first ice time since August. "I didn't really push it too much."

"It was just more of getting my legs under me a little bit ... it felt good to be out there just to skate even though I wasn't doing much of competitive stuff."

Bogosian was one of a handful of injured NHL players who collected a paycheque during the NHL lockout. That means he still couldn't skate with teammates on Monday since the deal that ended the labour impasse hasn't been ratified.

"My social life is going to bump up now that I can actually hang out with my teammates in the room," he said with a chuckle.

While still collecting on his two-year, \$5-million US deal, Bogosian said he received a few calls to pay for dinner during the lockout.

"A couple of times I got suckered into it," he said.

Bogosian says he's taking it easy and hopes to be back for the team's lockout-shortened second season in Winnipeg, but isn't sure when. The original timeline for recovery was four-to-six months.

That means he could be back late next month but says that conversation hasn't taken place.

"I'm taking it day by day," he said. "I'll shoot to come back for the season, but right now it's kind of up in the air."

Bogosian first injured his left wrist in October 2009 against the Ottawa Senators. Last year, he said doctors inserted a screw (recently removed) to help injured ligaments re-attach and heal properly.

The Jets could certainly use him.

With 30 points last season and the size to move opposing players off the puck, the six-foot-three Bogosian is an important part of Winnipeg's defence.

"I'm hoping to get back as soon as possible but I'm not going to make a dumb decision," he said.

At least he'll be less lonely. Once the new collective-bargaining agreement is ratified, Bogosian will be able to practise again with other players as he prepares to return to the ice full time.

THE CANADIAN PRESS

### Ready to hit ground running

A handful of other players were on a separate sheet of ice Monday at the Jets practice centre.

- Jets centre Bryan Little says they've tried to stay in shape like other players who were

idle during the lockout.

- "I think we've been going pretty hard," he said. "At first, we were just skating three days a week and now we're at five or six."



Jets defenceman Zach Bogosian takes part in an informal hockey practice in Winnipeg on Monday. The injured Bogosian still collected his regular pay during the NHL lockout, but was not allowed to skate with teammates.

JOHN WOODS/THE CANADIAN PRESS

## NHL season likely to be 48 games



Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. NHL deputy commissioner Bill Daly says a 48-game season is most likely after the league ended its 113-day lockout Sunday morning. GENE PUSKAR/THE ASSOCIATED PRESS

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout.

Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had faded as the sides continued to finalize the memorandum of understanding their constituents will vote on later this week.

As a result, the league is expected to return with a 48-game season starting Jan. 19.

"It depends on (the) ratifi-

cation timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

The NHL's board of governors is scheduled to meet in New York on Wednesday to hold a ratification vote. A schedule had yet to be made formal for players to cast ballots, but it's believed the NHLPA wants to give them time to review the document — meaning they likely won't be able to wrap up a vote before Saturday.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning.

THE CANADIAN PRESS

### Balancing act

The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.

4  
SPORTS

# Knee concerns swirl around RG3

**NFL.** Next season in doubt as Washington's rookie QB prepares for more tests on ACL

It doesn't sound good for Robert Griffin III.

An injury that sidelines RG3 well into next season is a very real possibility — or at least it seemed that way on Monday after coach Mike Shanahan described the results of tests on the rookie's right knee.

Shanahan said the results are prompting the team to send Griffin to Florida on Tuesday to see renowned orthopedist James Andrews for more examinations, essentially a second opinion that will decide the team's fate for the 2013 season.

"There is a concern," Shanahan said. "That's why he's going to see him."

Griffin tore his ACL while playing for Baylor in 2009, and Shanahan said that old injury caused Griffin's latest MRI to prove inconclusive and pro-



Robert Griffin III's knee begins to buckle during Sunday's loss to the Seattle Seahawks. GETTY IMAGES

duce "differences of opinion" in those who have looked at it.

"They want to take another look and have a physical exam with him," Shanahan said, "to make sure they're not looking at old injuries."

A torn ACL typically requires a rehabilitation period of nine to 12 months, although some players don't return to full health until their second season after the

injury. On the other hand, one of the season's remarkable stories was Adrian Peterson, who returned about eight months after tearing an ACL and nearly broke the NFL's single-season rushing record.

Shanahan referenced Peterson on Monday, pointing out that the Minnesota Vikings running back had the big season without the benefit of an off-season practice program. It could be a possible scenario for Griffin.

Shanahan was grilled about his handling of Griffin. Already playing with a heavy brace in his third game since spraining a lateral collateral ligament, Griffin hurt the knee again when he fell while throwing a pass in the first quarter of Sunday's 24-14 playoff loss to Seattle.

Griffin stayed in the game, but he was far from his usual self, clearly favouring the knee.

Then, in the fourth, with the Redskins trailing by seven, the knee buckled the wrong way when Griffin tried to field a bad shotgun snap.

THE ASSOCIATED PRESS



## Fighting Irish can't turn tide against Alabama

T.J. Yeldon of the Alabama Crimson Tide scores a second-quarter touchdown against the Notre Dame Fighting Irish during the Discover BCS National Championship at Sun Life Stadium on Monday in Miami Gardens, Fla. No. 2 Alabama bashed No. 1 Notre Dame to start the NCAA title game, scoring touchdowns on its first three drives to take a 21-0 lead one play into the second quarter. Alabama led 28-0 at halftime. Go to metronews.ca for results. KEVIN C. COX/GETTY IMAGES

### NFL

#### Coach Reid lands on feet with Chiefs

Andy Reid was introduced as the new coach of the Kansas City Chiefs on Monday, one week after he was fired following four mostly successful seasons in Philadelphia.

The 54-year-old Reid was joined by Chiefs chairman Clark Hunt, team president



Mark Donovan and several other executives at a packed news conference at Arrowhead Stadium.

He takes over for Romeo Crennel, who went 2-14 in his first full season as coach. Crennel was fired last Monday, the same day that Reid was dis-

missed following his tenure in Philadelphia that included 130 wins, six division titles and an appearance in the Super Bowl.

"I understand the energy that I have and that I bring to this organization," said Reid, who wore a red tie adorned with Chiefs logos. "We'll start from the bottom and we'll start working. I'll bring in a good staff and we'll get down to what's important."

THE ASSOCIATED PRESS

### Playoff pledge

#### T-Wolves up ante on season-ticket selling tactics

The Minnesota Timberwolves have been saying all season the playoffs are the goal this year. Now they're banking on it.

The Wolves are promising anyone who renews their season ticket or purchases a new one for next season a 10 per cent discount if the team does not make the playoffs this year. The Wolves are currently in ninth place in the Western Conference.

"It's sort of a part pledge, part challenge," Timberwolves chief marketing officer Ted Johnson said.

Making that challenge even greater was bad news on the T-Wolves injury front. Forward Kevin Love met with doctors in the Twin Cities on Monday to evaluate his right hand, which is broken for the second time this season.

There is no timetable for his return, but Minnesota president of basketball operations David Kahn said Love will be out for "a number of weeks."

THE ASSOCIATED PRESS

## Soccer. Messi wins record 4th FIFA top-player award

Lionel Messi won the FIFA Ballon d'Or award on Monday as an expected reward for his astonishing 91-goal year for Barcelona and Argentina in 2012.

Aged just 25, Messi has now been voted the world's best player for an unprecedented fourth straight year as the outstanding talent of his generation.

Messi beat his great rival Cristiano Ronaldo of Spanish champion Real Madrid and Barcelona teammate Andres Iniesta, who starred as Spain won the 2012 European Championship.

"To tell the truth, this is really unbelievable to get the fourth award. I am so nervous," a typically low-key Messi said, in Spanish.

Messi's fourth award lifted him above three-time FIFA winners Zinedine Zidane of France and Brazil's Ronaldo.

Messi received 41.60 per cent of the points in votes cast by national-team coaches and captains plus journalists, who gave their top-three lists from an original slate of 23 players.

Ronaldo got 23.68 per cent and Iniesta 10.91 per cent. Ronaldo scored the highest proportion of his points from media,



Lionel Messi poses on Monday in Zurich. THE ASSOCIATED PRESS

### More gold for Wambach

American Abby Wambach, who scored five goals at the London Games, was named the best women's player.

- Canada's Christine Sinclair finished fifth after scoring a Canadian-record 23 goals, including six in London.

while Messi scored best with coaches. THE ASSOCIATED PRESS

### NBA

#### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	23	9	.676	—
New York	23	11	.671	1
Atlanta	20	12	.625	3
Chicago	19	13	.594	4
Indiana	20	14	.588	5
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	17	17	.500	7
Philadelphia	15	20	.429	9 1/2
Orlando	12	21	.364	11 1/2
Detroit	13	23	.361	12
Toronto	12	22	.353	12
Charlotte	9	24	.273	14 1/2
Cleveland	8	28	.222	17
Washington	5	28	.152	18 1/2

#### WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	27	8	.771	—
Oklahoma City	26	8	.765	1/2
San Antonio	27	10	.730	1
Memphis	21	10	.677	4
Golden State	22	11	.667	4
Houston	20	14	.588	6 1/2
Denver	20	16	.556	7 1/2
Portland	18	15	.545	8
Minnesota	15	15	.500	9 1/2
Utah	17	18	.486	10
L.A. Lakers	15	18	.455	11
Dallas	13	21	.382	13 1/2
Sacramento	13	21	.382	13 1/2
Phoenix	12	23	.343	15
New Orleans	9	25	.265	17 1/2

#### Monday's results

Washington 101	Oklahoma City 99
Boston 102	New York 96
New Orleans 95	San Antonio 88
Chicago 118	Cleveland 92
Dallas 10	Utah
Orlando at Portland	
Memphis at Sacramento	
Sunday's results	
Oklahoma City 104	Toronto 92
Miami 99	Washington 71
Charlotte 108	Detroit 101 (OT)
Memphis 92	Phoenix 81
Denver 112	L.A. Lakers 105
Tuesday's games — All Times Eastern	
Miami at Indiana, 7 p.m.	
Brooklyn at Philadelphia, 7 p.m.	
Phoenix at Milwaukee, 8 p.m.	
Atlanta at Minnesota, 8 p.m.	
L.A. Lakers at Houston, 8 p.m.	
Wednesday's games	
Utah at Charlotte, 7 p.m.	
Atlanta at Cleveland, 7 p.m.	
Philadelphia at Toronto, 7 p.m.	
Phoenix at Boston, 7:30 p.m.	
L.A. Lakers at San Antonio, 8 p.m.	
Milwaukee at Chicago, 8 p.m.	
Minnesota at Oklahoma City, 8 p.m.	
Houston at New Orleans, 8 p.m.	
Orlando at Denver, 9 p.m.	
Dallas at L.A. Clippers, 10:30 p.m.	
Memphis at Golden State, 10:30 p.m.	

### NFL

#### PLAYOFFS

	GP	W	L	OTL	SOL	GF	GA	Pt
Portland	34	20	12	1	1	100	99	42
Worcester	33	18	12	1	2	88	93	39
Providence	32	17	13	0	2	79	88	36
Manchester	35	16	15	2	2	94	92	36
St. John's	36	15	19	1	1	86	105	32

### AHL

#### EASTERN CONFERENCE

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	33	19	9	2	3	109	79	43
Bridgeport	34	17	14	1	2	106	106	37
Albany	31	13	11	1	6	78	80	33
Connecticut	35	15	17	3	0	95	109	33
Adirondack	33	14	17	1	1	79	96	30

#### NORtheast DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	33	19	9	2	3	109	79	43
Bridgeport	34	17	14	1	2	106	106	37
Albany	31	13	11	1	6	78	80	33
Connecticut	35	15	17	3	0	95	109	33
Norfolk	33	14	17	2	1	79	96	30

#### EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	34	22	7	2	3	122	91	49
Binghamton	32	21	8	1	2	104	80	45
Hershey	34	16	16	1	1	87	85	34
W-B/Scranton	34	15	16	2	1	83	90	33
Norfolk	33	14	17	2	1	83	100	30

#### WESTERN CONFERENCE

	GP	W	L	OTL	SOL	GF	GA	Pt
Toronto	33	21	9	1	2	115	83	45
Abbotsford	34	17	13	3	4	80	74	41
Lake Erie	36	18	15	2	1	111	114	39
Rochester	33	17	13	2	1	111	104	37
Hamilton	34	12	18	1	3	74	109	28

#### MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	33	20	10	1	2	103	88	43
Milwaukee	34	17	13	2	2	92	97	38
Rockford	35	17	16	1	1	106	105	36
Chicago	32	15	12	3	2	86	92	35
Peoria	35	14	17	2	2	81	112	32

#### SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt



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**Horoscopes**

**Aries**

**March 21 - April 20**

You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

**Taurus**

**April 21 - May 21**

According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

**Gemini**

**May 22 - June 21**

Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

**Cancer**

**June 22 - July 21**

You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

**Leo**

**July 24 - Aug. 23**

If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

**Virgo**

**Aug. 24 - Sept. 23**

You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

**Libra**

**Sept. 24 - Oct. 23**

You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

**Scorpio**

**Oct. 24 - Nov. 22**

You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

**Sagittarius**

**Nov. 23 - Dec. 21**

Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

**Capricorn**

**Dec. 22 - Jan. 20**

Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

**Aquarius**

**Jan. 21 - Feb. 19**

When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

**Pisces**

**Feb. 20 - March 20**

You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. SALLY BROMPTON

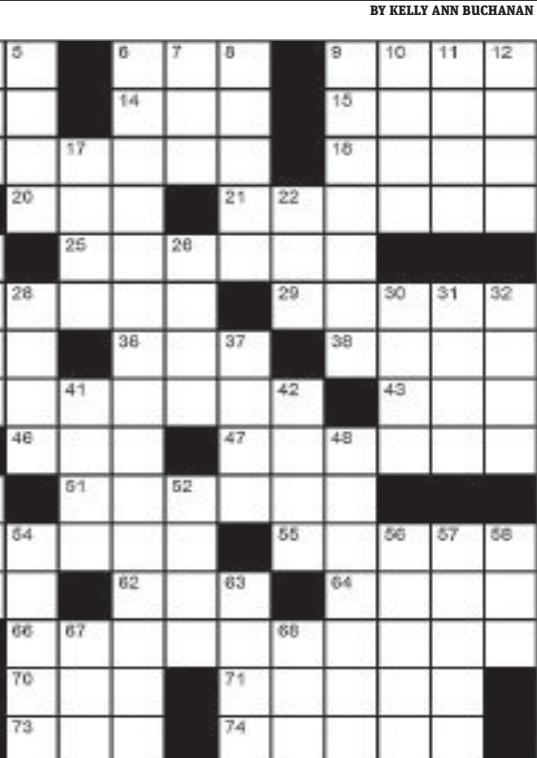
**Crossword: Canada Across & Down**

**Across**

1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't \_\_"
15. \_\_\_ National Park, BC
16. Current exhibit at #9-Down, Terrestrial \_\_
18. A&W \_\_ Beer
19. "...take \_\_ song and make it better."
20. For each
21. "Wild \_\_" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a \_\_ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, \_\_.
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing
51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. \_\_'easter
74. Lightly fry

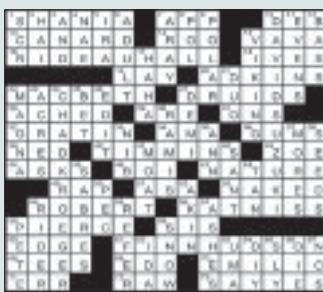
**Down**

1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. \_\_, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-\_\_
9. Royal \_\_ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. Mc-



48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley Mowat
57. Lewis Carroll character
58. Look
59. \_\_ mecum (Handbook)
60. \_\_ 'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. \_\_ Z
68. US airport screening org.

**Yesterday's Crossword**



**Sudoku**

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Yesterday's Sudoku**

7	4	9	5	2	1	6	8	3
6	2	1	7	8	3	9	5	4
3	8	5	6	4	9	1	7	2
5	9	2	4	1	6	7	3	8
1	3	8	2	5	7	4	9	6
4	6	7	3	9	8	2	1	5
8	7	3	1	6	4	5	2	9
2	1	4	9	3	5	8	7	6
9	5	6	8	7	2	3	4	1

4				
4	8			
7	2	3	4	9
6	5	3		
4	8	1	5	
3	8	6	7	9
2	7	1	6	9
	4			6
	1			

**Weather**

**TODAY**

MAX: -2°

**WEDNESDAY**

MAX: -4°

**THURSDAY**

MAX: -2°



**JENNA KHAN**  
**WEATHER SPECIALIST**

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

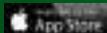


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